

TUNTURI®

OWNERS MANUAL



VARIABLE RESISTANCE CLIMBERS
Models C401, C405, C406, C440

INTRODUCTION

Congratulations!

Your Tunturi Variable Resistance Climber meets the needs of even the most active outdoor climbing enthusiast. This well-designed machine will provide you with many years of controlled environment climbing.

With the Tunturi Variable Resistance Climber, you can regulate the intensity of your workout by adjusting the resistance level of each shock absorber, tracking the number of steps, and monitoring your calories.

This manual describes everything you need to know to assemble and operate your Tunturi Variable Resistance Climber. Before you attempt to assemble or operate the climber, read the entire contents of this manual carefully. Being familiar with the machine, its components and capabilities will ensure you receive the maximum benefits the climber offers.

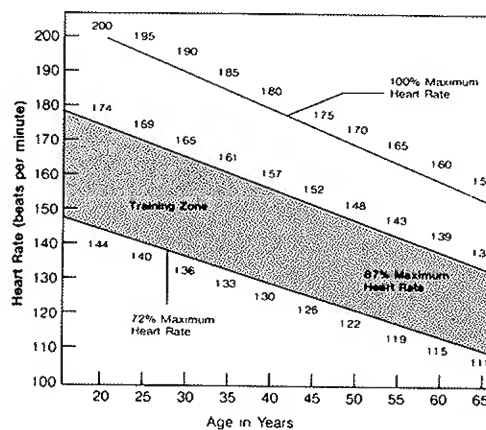
YOUR FITNESS PROGRAM

Climbing is an excellent form of aerobic exercise. The Tunturi Variable Resistance Climber allows you to maintain a consistent fitness program at any time of the day, in any type of weather.

Not only will you condition your heart and lungs, but you will also improve the strength and tone in your thighs, calves, and hips. Rhythmic climbing can burn more calories than cycling, rowing, or jogging.

Before beginning any exercise program, see your physician and have a complete physical examination. Discuss an appropriate exercise program for your physical condition, weight, and age.

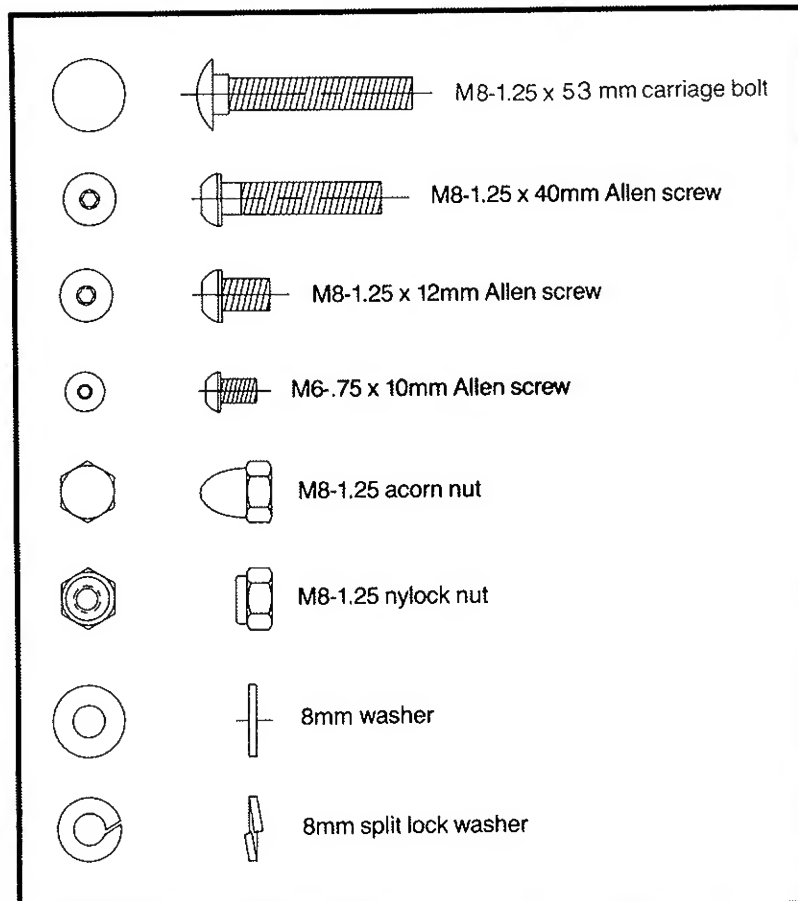
A regular program of aerobic exercise strengthens your heart and circulatory system. To receive the benefits of aerobics, you need to exercise continuously for at least 20 minutes at a pace that elevates your heart rate to 80% of its maximum output. Use the chart below to determine your training pulse rate.



IMPORTANT SAFETY INFORMATION

The Tunturi Variable Resistance Climber is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble or operate the climber. In particular, note the following safety procedures.

- Always wear proper clothing and shoes when exercising on the climber.
- Take steps that are 6-8 inches in height.
- Point your hips, knees, ankles, and toes facing forward.
- Consult a physician for a complete examination before beginning any exercise program.
- If you experience dizziness, nausea, chest pains, or other abnormal symptoms, stop your workout at once. Consult a physician before continuing.
- At the beginning of your workout, allow your body to warm up gradually. Remember to cool down gradually after your workout and let your pulse rate return to normal.
- Gentle stretching prior to starting your exercise session will help prevent stiffness or soreness in the lower back.
- Use the handlebar when getting on or off the climber.
- Only *one* person at a time should use the climber.
- Keep hands away from all moving parts.
- Place climber on a solid, level surface when in use.



CLIMBER SETUP AND ASSEMBLY

Your Tunturi Variable Resistance Climber is shipped with the parts and tools required for assembly.

UNPACKING

Cut the straps from the box and open it. Take the parts of the climber out of the box and set them on the floor. Refer to the exploded parts diagram to identify all the parts.

Make sure the following items were included:

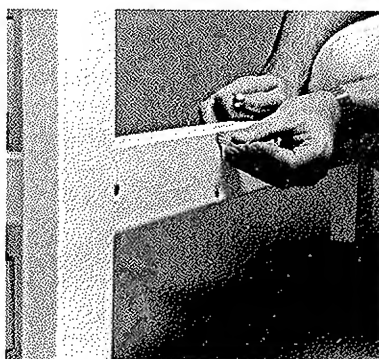
- Vertical frame with cable
- H-frame
- Two shock absorbers
- Electronics module
- Handlebar
- Fasteners (Refer to diagram to identify all bolts and screws.)
 - four 8 x 50mm carriage bolts
 - four M8-1.25 acorn nuts
 - four 8mm split lock washers
 - two M8-1.25 x 12mm Allen screws
 - two 8mm black washers
 - two M8-1.25 x 40mm Allen screws
 - two M8-1.25 nylock nuts
 - two Phillips Head screws (included in box with electronics module)
 - four M6-.75 x 10mm Allen screws
- Tools
 - 5mm hex key wrench
 - 12mm-13mm open-end wrench
 - Phillips Head screwdriver

ASSEMBLY

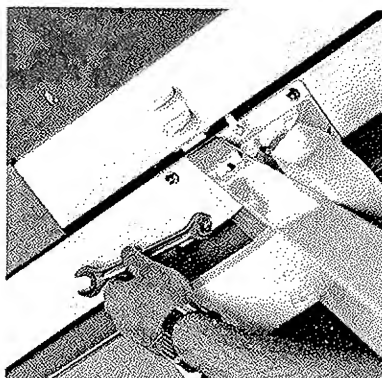
In all instructions, front, back, right, and left are determined as if you were standing on the climber.

1. Attach the vertical frame to the H-Frame.

Extend the right foot pedal up about 45 degrees. Place the H-frame on its right side so that it stands by itself, unaided, resting on the right foot pedal. Insert the (4) M8-1.25x53mm carriage bolts up through the bottom of the H-frame. (Refer to photo #1.) Place the vertical frame over the bolts and secure using the 12mm open-end wrench and four (4) M8-1.25 acorn nuts provided. (Refer to photo #2.)



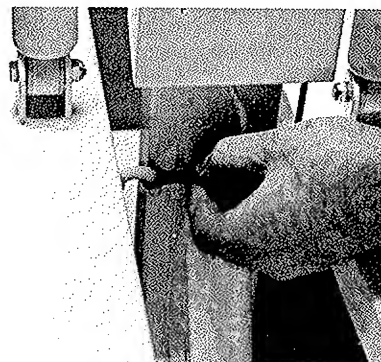
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2. Attach the cable to the foot pedals.

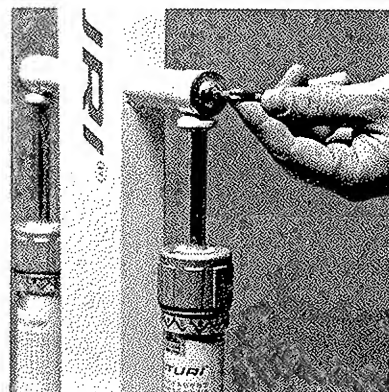
Return the climber to an upright position. Slip the eyelet at the end of the cable over the hook located on the side of the right foot pedal. (Refer to photo #3.) Attach the other end of the cable to the left foot pedal in the same way.



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3. Attach the end of the shock absorber that contains the resistance level mechanism to the right side of the vertical frame.

Fit the hole on the shock absorber over the shock mount shaft. Secure using the 5mm hex key wrench provided and the M8-1.25 x 12mm Allen screw and 8mm black washer. (Refer to photo #4.)



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4. Attach the other shock absorber to the left side of the vertical frame using the instructions in step 3.

5. Attach the right shock absorber to the right pedal.

Pull down on the shock absorber until the hole on the shock absorber aligns with the bracket on the right foot pedal. Make sure the plastic axle bushing is in place. (Refer to photo #5.) The black arrow on the shock absorber must be facing in, towards the user. (Refer to photo #6.) Secure the shock absorber to the pedal with the M8-1.25x40mm Allen screw and M8-1.25 nylock nut. Use the 13mm open-end wrench to hold the nut while you tighten the screw with the 5mm hex key wrench. (Refer to photo #7.)



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NOTE: Be careful not to over-tighten the screw as this may crack the shock absorber bushing.

6. Attach the left shock absorber to the left pedal using the instructions in step 5.

7. Attach the electronics module to the handlebar.

Align the holes on the electronics module with the holes on the handlebar. Secure using the Phillips Head screwdriver provided and two (2) Phillips Head screws. (Refer to photo #8.) Be careful not to pinch the lead wire attached to the electronics package when tightening.



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8. Attach the handlebar to the vertical frame.

Align the four (4) holes on the handlebar with the holes at the top of the vertical frame. Secure using the 5mm hex key wrench provided and four (4) M6-.75 x 10mm Allen screws provided. (Refer to photo #9.)



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9. Plug the lead wire from the electronics module into the matching connector at the top of the vertical frame. (Refer to photo #10.)



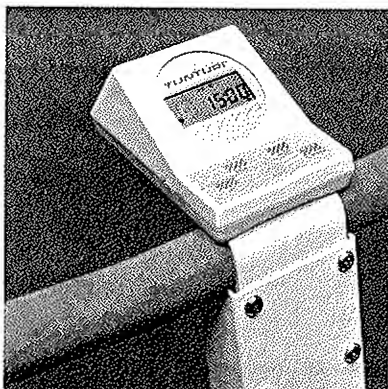
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OPERATION

The Tunturi Variable Resistance Climber lets you set an exercise program that meets your specific needs. You should be familiar with the electronics module and its functions before you begin exercising on your climber.

USING THE ELECTRONICS MODULE

The keys enable you to use the various modes and display information about your workout session, such as speed, time, distance, and calories, in the LCD (liquid crystal display) window. (Refer to photo #11.)



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KEYS

SET KEY: This key allows you to pre-set your exercise time, number of steps (distance), exercise tempo (speed), and load (resistance level). Turn the electronics module on and *make sure* STOP is displayed in the LCD window.

To preset exercise time:

1. Press the MODE key until the arrow in the LCD window points to the Time mode. Make sure STOP is displayed in the LCD window.
2. Press the SET key to advance the timer by one minute. Continue to press the SET key until the amount of time (from 1 to 99 minutes) you wish to exercise is displayed in the LCD window. Hold the SET key down to advance the timer at a faster rate. The time set symbol (bell) will appear in the LCD window. (Refer to diagram A.)

3. Press the START/STOP key. The electronics module will enter the start mode (STOP will disappear from the LCD window) and begin to count *down* in seconds from the preset time. Your *remaining* exercise time will be displayed in the LCD window. A tone will sound when the time reaches zero.

NOTE: If you do not preset your exercise time, the electronics module will count *up* in seconds and your *elapsed* exercise time will be displayed when you press the START/STOP key to start the timer.

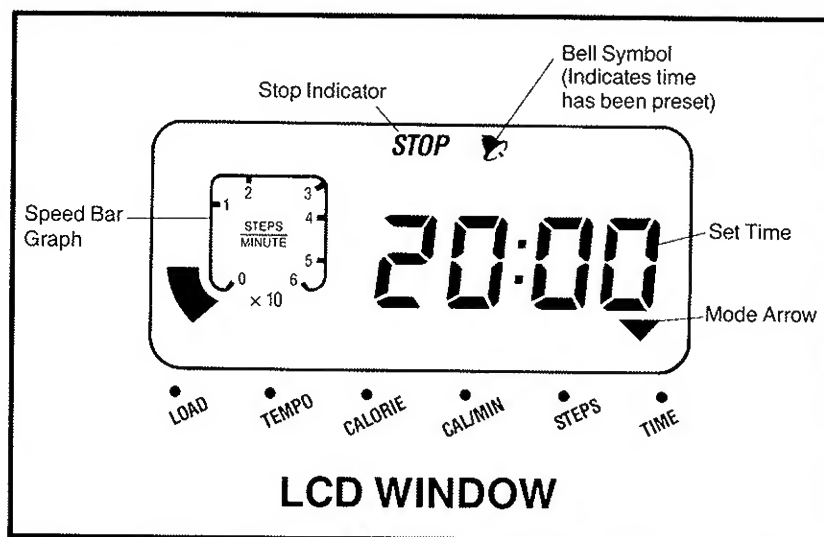


DIAGRAM A

To preset the number of steps (distance):

1. Press the MODE key until the arrow in the LCD window points to the Step mode. Make sure STOP is displayed in the LCD window.
2. Press the SET key to advance the counter by 10 steps. Continue to press the SET key until the number of steps (from 1 to 9990) you wish to complete during your exercise session is displayed in the LCD window. Hold the SET key down to advance the counter at a faster rate. The step set symbol (||||) will appear in the LCD window. (Refer to diagram B.)
3. Press the START/STOP key. The electronics module will enter the start mode (STOP will disappear from the LCD window) and begin to count *down* one step at a time from the preset number of steps. Your *remaining* number of steps will be displayed in the LCD window. A tone will sound when the preset number of steps reaches zero.

NOTE: If you do not preset your steps, the electronics module will count *up*, one step at a time, and measure the *elapsed* number of steps when you press the START/STOP key to start the counter.

To preset exercise tempo (speed):

1. Press the MODE key until the arrow in the LCD window points to the Tempo mode. Make sure STOP is displayed in the LCD window.
2. Press the SET key to advance the tempo. The first time you press the SET key, the tempo advances by 10 steps per minute. Then, press the SET key to advance the tempo by 1 step per minute up to 40 steps per minute. After 40 steps per minute, each time you press the SET key, the tempo will increase by 5 steps per minute. Continue to press the SET key until the speed (from 10 steps per minute to 120 steps per minute) you wish to maintain during your exercise session is displayed in the LCD window. Hold the SET key down to advance the tempo at a faster rate. The tempo set symbol (note) will appear in the LCD window (refer to Diagram C).

3. Press the START/STOP key. The electronics module will enter the start mode (STOP will disappear from the LCD window) and a tone will sound in time with the selected tempo to help you maintain your desired speed. For example, if you entered 30 steps per minute as the tempo value, a tone would sound 30 times during each minute. You would try to complete 1 step (pushing each foot pedal down once) per tone.

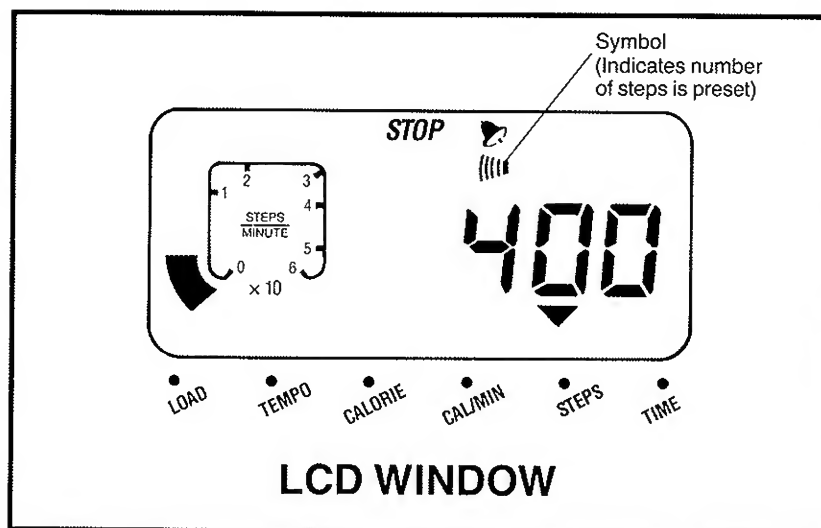


DIAGRAM B

To preset load (resistance level):

1. Adjust the resistance on each shock absorber to the desired level (1-12).
2. Press the MODE key until the arrow in the LCD window points to the Load mode.
3. Press the SET key to advance the load value to match the resistance level selected in step 1.
4. Press the MODE key until the arrow in the LCD window points to calories or calories per minute mode. When you press the START/STOP key and begin your workout session (STOP will disappear from the LCD window), you will obtain an accurate readout of calories expended.

NOTE: The amount of energy you expend (calories you burn) while exercising depends on two factors: your speed, and your resistance level (load) you are working against. Your Variable Resistance Climber's electronics module automatically calculates speed (steps per minute). However, to get a calibrated readout of calories expended you must manually enter the resistance level selected on the shock absorbers into the electronics module as described above.

MODE KEY: When the unit is stopped (STOP will be displayed in the LCD window), use this key to step through all six modes: TIME, STEPS, CAL/MIN, CALORIES, TEMPO, and LOAD. When you enter start mode (STOP disappears from the LCD window) the MODE key will step through only TIME, STEPS, CAL/MIN, and CALORIES modes. Pressing the MODE key moves the arrow in the LCD window one position to the left. Modes are always selected in sequence.

Time mode tracks the elapsed time of each exercise session starting from 1 minute to 99 minutes. If you preset your workout time, the timer will count down from your preset time (refer to SET key).

Steps mode calculates the number of steps of each exercise session from 1 to 9990 steps. If you preset your steps, the counter will count down from the preset number of steps (refer to SET key).

Cal/min mode displays the number of calories burned per minute. To obtain an accurate readout, the load value must be entered (refer to SET key).

Calories mode displays the total number of calories burned during your exercise session. To obtain an accurate readout, the load value must be entered (refer to SET key).

Tempo mode sets your exercise tempo from 10 to 120 steps per minute (refer to SET key). The speed bar graph in the LCD window displays steps per minute throughout your exercise session.

Load mode programs the resistance level into the electronics module in order to obtain an accurate calorie readout (refer to SET key).

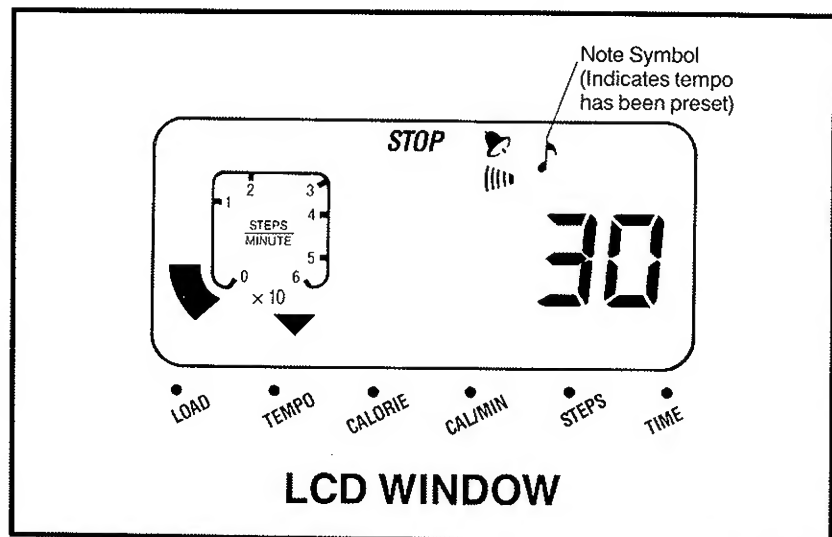


DIAGRAM C

RESET KEY: Use this key to clear one or all of the mode values. After pressing RESET, only the current value of the mode (except LOAD) displayed in the LCD window will return to zero. The load value returns to one. Pressing and holding the RESET key will automatically set all mode values, except the load value, to zero and switch the electronics module to STOP.

ON/OFF KEY: Use this key to turn the electronics module on or off. When you press this key a tone will sound and all the symbols in the LCD window will light for three seconds.

START/STOP KEY: After turning the electronics module on, if you press this key a tone will sound and the electronics module will begin tracking steps, time, calories per minute, and calories for your exercise session.

If you press START/STOP again, the value of the selected mode will be displayed and the other mode values retained in memory until you turn the electronics package off or press the RESET key. The word STOP will appear in the LCD window when you stop the electronics package.

SCAN: To activate the automatic scan function, press and hold the MODE key for two seconds. The time, steps, cal/min, and calories of your exercise session will be displayed in sequence at five-second intervals in the LCD window. The word SCAN will appear in the LCD window. If you press the MODE key again, the electronics module will discontinue sequencing through the modes and advance, and hold on, the next mode in sequence. The word SCAN will disappear from the LCD window. The current values for the other modes will be retained in memory until you turn the electronics module off or press the RESET key.

LCD Window

When you first turn on the electronics module, the LCD window lights up and you will see a variety of symbols displayed. These symbols indicate that the electronics module is working. The symbols displayed and their significance is described in more detail in the section titled "Keys" above.

To use the Tunturi Variable Resistance Climber you may follow these procedures.

1. Select the desired resistance level.

Turn the resistance mechanism on each shock absorber to the desired level. Level 1 is the least resistance and level 12 is the maximum resistance.

2. Select the desired functions on the electronics module.

FOR EXAMPLE:

- A. Press the ON/OFF key to turn the electronics module on. The electronics module automatically selects Time mode.
 - B. Press the SET key to preset the amount of time you want to exercise (from 1 to 99 minutes). Each time you press the SET key, the timer will advance 1 minute.
 - C. Then, press the MODE key once to select the Step mode.
 - D. Press the SET key to preset the number of steps you want to complete during your workout (from 0 to 9990 steps). Each time you press the SET key the counter will advance 10 steps.
 - E. Press the MODE key to select Tempo mode.
 - F. Press the SET key to preset the steps/minute you want to maintain during your workout (from 10-120 steps/min). The first time you press the SET key the tempo will advance 10 steps per minute, then pressing the SET key will advance the tempo 1 step per minute. After 40 steps/min, the SET key will advance the tempo 5 steps/min.
 - G. Press the MODE key to select Load mode.
 - H. Press the SET key to enter into the electronics module the resistance level (1-12) selected in step 3.
 - I. Press the START/STOP key when you are ready to begin your workout. When you press this key, the electronics module will begin to count down the time and number of steps you selected, and a tone will sound in time with the tempo you selected.
 - J. Press and hold the MODE key down for two seconds to activate the automatic scan function and view Time, Steps, Cal/Min, and Calories in sequence in the LCD window.
3. Place one foot on each of the pedals.

Begin by stepping up with one knee. Then, alternately straighten and bend each knee. Apply force as you push down and relax as you step up. Keep your knees and toes pointing forward. Less resistance and a faster step rate will provide the best aerobic workout.

To strengthen individual muscle groups, increase the resistance level. Alternate between keeping your feet flat and raising your heels at the end of each step and changing the angle of your upper body.
 4. Slow your steps to bring your heart rate down to normal at the end of each exercise session.

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